



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 03689, Babyfood, cereal, oatmeal, prepared with whole milk

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	74.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Energy	kJ	485	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	5.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	4.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Ash	g	1.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	15.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Fiber, total dietary	g	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Iron, Fe	mg	12.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Potassium, K	mg	204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Zinc, Zn	mg	0.92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Copper, Cu	mg	0.094	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamins													
Vitamin C, total ascorbic acid	mg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Thiamin	mg	0.506	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Riboflavin	mg	0.563	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	5.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Pantothenic acid	mg	0.514	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-6	mg	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folate, total	μg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin A, RAE	µg	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Lipids													
Fatty acids, total saturated	g	2.258	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Cholesterol	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Amino Acids													
Tryptophan	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Threonine	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Isoleucine	g	0.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Leucine	g	0.445	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Lysine	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Methionine	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phenylalanine	g	0.222	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Aspartic acid	g	0.398	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	1.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glycine	g	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Proline	g	0.381	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Serine	g	0.261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Other													